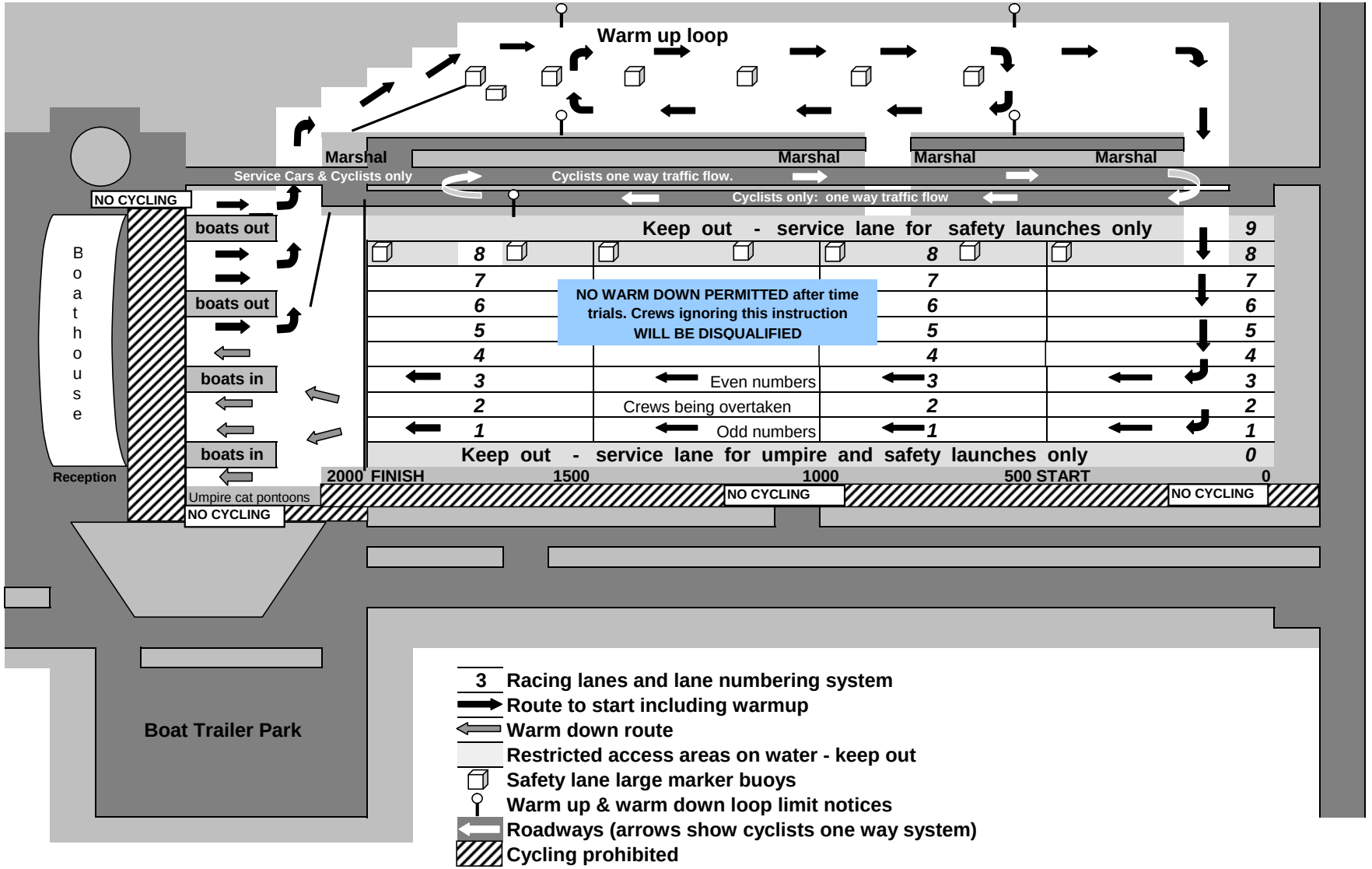
WALLINGFORD REGATTA 2008 - CIRCULATION PATTERN (TIME TRIAL)



Going afloat: Boat from the left hand two rafts. Immediately turn left and proceed through the bridge into the return lane.

Warm up: Keep left (as viewed by the cox) in the warm up lake. Circulate between the "lollipop" marker signs.

On to the start: You must be at the bridge, in lane order, ready to enter the main lake 10 minutes before your race. Proceed under the bridge and get attached when instructed. Be quick!

Return to rafts: After the finish, move across to lanes 1 - 4 to return to the rafts.

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